

Birchwood Communication Norms



I am a mindful communicator:



I actively speak and listen to you with my whole body.



I use a respectful tone of voice.



I have an open mind: I welcome ideas, listen with empathy and try to understand all sides of an issue.



I focus on the topic being discussed, wait my turn to contribute and refrain from sidebar conversations.



I participate without overpowering the conversation.



I treat you with dignity and honour your individuality.



I support the decisions of the team.



I maintain confidentiality when appropriate.



I am ready to be amazed!